



## INTERFACE

January 2017 Newsletter



### New Year's Greeting from founder Fritz Smith



Love, Peace and Touch  
make the world a  
Kinder Place

have a Lovely Holiday and Blessed New Year,  
*Fritz and Aminah*  
December 2016

Flow.  
Peace.  
Comfort.  
Happiness.  
**Health. Feel it in your bones.**  
Strength.  
Vitality.  
Charge.  
Joy.

Happy New Year ZB Community!

The Board of Directors, Faculty and Office Staff wish all of these things and more for you in 2017. Each year we look forward to connecting with and expanding the community of students, practitioners and friends of Zero Balancing. Stay tuned for raffles with great prizes like tuition to some of our most intriguing classes; new videos streaming online, an expansion of class offerings and the publication of [Life in the Bones: A Biography of Dr. Fritz Smith and Zero Balancing](#), written by ZB faculty member David Lauterstein.

SAVE THE DATE! May 5-7, 2017  
14th Annual ZBHA Benefit  
*Building Stability Through Transformation*  
Claggett Center near Frederick, Maryland

Our 14th Annual ZBHA Benefit is scheduled for Friday - Sunday May 5th - 7th, 2017. The Benefit is educational - and fun!  
Mark your calendars now and watch for presenter, content and registration details soon!

The Zero Balancing Paradigm  
Excerpt from an article by ZB Faculty Michele Doucette, DC  
*DC Practice Insights*  
(June 2012)

Authenticity, passion, and Zero Balancing are my most effective strategies for patient retention and new patient referral; not pre-meditated scripts, bulk mailings, spinal screenings or chasing after patients or convincing them they need my care. And discovering the profound gifts of the leading-edge structural and energetic manual therapy, Zero Balancing (ZB), and adding it to my chiropractic and nutrition practice, has unified my personal growth with the sustainability of my professional practice.

**Innate Intelligence**

We talk about innate intelligence in chiropractic philosophy classes and seminars, but when we go to the table, what does it mean? I remember being taught in technique lab that, as we take up tissue slack along a line of drive, we connect with the innate intelligence of the body before we deliver a thrust. That was about it. It had something to do with tissue slack and bringing a joint to tension, but I never heard any explanation about why that was connecting to innate intelligence or how I would know if I missed the connection.

I think I was being asked to just know that it was there and trust that if I made an adjustment it would be released, activated or stimulated in some therapeutic way. And it probably is, in most cases, but here's the thing: somewhere along the line, the academic, theoretical and practical instruction about the mechanics of touching innate intelligence was lost.

It wasn't until I started studying Zero Balancing that the missing piece was restored and I began to have a more meaningful conversation through tactile connection with the intelligence in another body. Zero Balancing explores the vocabulary, theory and perceptive skills necessary to connect with the bioenergetic field through touch, and primarily through foundational joints in the skeletal system.

Zero Balancing primarily addresses "foundation" joints involved in the transmission of energetic forces through the body: the spine, pelvis, hips and feet, although advanced work includes other joints, the skull, viscera, etc. Foundation joints are evaluated for tissue held tension, range of motion, joint play, quality of motion and perhaps most importantly, quality of ligament end-feel; it is often through attuned attention to ligament engagement that allows access to the intelligent bioelectric field of the body.

Read the full article at [DC Practice Insights](#).

ZB Pillows Available in the ZB Store

**Astra-Lite ZB Head Pillow**

This billfold style firm foam pillow was created specifically for working with the Zero Balancing technique.

The two most popular colors, black and heron blue, are available directly from the office for your convenience. Place your order for one of these [here](#).

Price: \$30.00

## Congratulations Certified Zero Balancers



Please join us in extending congratulations to the following practitioner for recently completing their certification in Zero Balancing:

Ivy Liebman (Colchester, VT)

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8640 Guilford Road  
Suite 224  
Columbia, MD 21046

Email: [zbha@zerobalancing.com](mailto:zbha@zerobalancing.com)  
Phone: 410-381-8956  
Office Hours: M, T 9AM - 5PM  
W, Th 9AM - 4PM

[Forward Email](#) | [Email Sign up](#)

